What is claimed is:

1. A system for measuring head fly height in an apparatus with a rotating recording media using thermal load response, comprising:

a head having a thermal source and a thermal detector, wherein the heat source generates a heat flux that is measured at the thermal detector when the media is rotating; and

a sensing arrangement for determining the fly height of the head based on the temperature of the thermal detector.

- 2. The system of claim 1 wherein the thermal source is a write element.
- 3. The system of claim 1 wherein the thermal detector is a read element.
- 4. The system of claim 1 wherein the sensing arrangement includes a constant voltage element for determining the temperature of the thermal detector.
- 5. The system of claim 1 wherein the sensing arrangement includes a constant current element for determining the temperature of the thermal detector.
- 6. The system of claim 1 further including a plurality of thermal detectors located on the head.
- 7. The system of claim 6 wherein each thermal detector has its respective temperature sensed with a dedicated thermal sensor.

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8. A method for determining fly height of a head flying over a rotating media, the head including a thermal detector and a thermal source, the method comprising the steps of:

energizing the thermal source to provide a heat flux;
measuring the temperature of the thermal detector; and
calculating the fly height based on the measured temperature.

- 9. The method of claim 8 wherein said step of energizing the thermal source includes energizing the write element.
- 10. The method of claim 8 wherein said step of energizing the thermal source includes inducing a transient thermal response in the thermal source.
- 11. The method of claim 8, wherein the step of measuring further includes measuring the temperature of multiple thermal detectors positioned on the head.
- 12. The method of claim 8 wherein the step of calculating the fly height includes determining fly height using a look-up table of values.
- 13. The method of claim 8 where said step of measuring further includes measuring the response of the thermal detector over data while sub-writing currents flow to the writer.
- 14. A system for measuring a gap in a rotating system, the system comprising:

 a first object having a first surface and a second object having a second surface disposed opposite the first surface; and

means for measuring the gap between the first and second surfaces.

- 15. The system of claim 14 wherein the means includes means for measuring pitch of the first object relative to the second object.
- 16. The system of claim 14 wherein the second object is a compact disc or a digital versatile disc and the first object is a read head.
- 17. The system of claim 14 wherein the means includes a thermal source and a thermal detector.
- 18. The system of claim 14 wherein the means includes a plurality of thermal detectors on the second object.
- 19. The system of claim 18 wherein each thermal detector has a dedicated thermal source.
- 20. The system of claim 18 wherein the plurality of thermal detectors is arranged in a row parallel to the direction of travel of the first object relative to the second object.